



ICSEW

GOVERNOR'S INTERAGENCY COMMITTEE OF STATE EMPLOYED WOMEN

"To better the lives of state employed women"

GENERAL MEMBERSHIP MEETING

Natural Resources Building

Room 175

September 15, 2009

8:00 am – 4:25 pm

- 8:00 – 8:30am Registration and Networking**
- 8:30 – 8:40am Call to Order and Announcements**
- Genevieve O'Sullivan (Gen), Interim Chair, called the meeting to order and made announcements:
 - September is National Pain Awareness month; chronic pain sufferers will gather to share their stories
 - Farewell gathering for Amilee following today's meeting at Ballyhoo's in Tumwater
 - Subcommittee Chairs introduced themselves
 - Gen read a quote by Eleanor Roosevelt: *The future belongs to those who believe in the beauty of their dreams.* She will be reading quotes at all meetings
- 8:40 – 9:00am Ice Breaker**
- Kristin Reichl (Kris), Interim Vice Chair, kicked off an ice breaker activity, requesting that everyone introduce themselves with their name, agency, position, ICSEW role and goals for ICSEW achievement
- 9:00 – 9:15am Passing of the Gavel**
- Amilee Wilson, outgoing Committee Chair, swore Gen in as Interim Committee Chair and passed on the ICSEW gavel
 - Gen presented Amilee with a personal gavel to take with her
 - Amilee presented Gen with a personalized pen set and orange-tipped yellow roses: yellow symbolizes friendship and orange represents new endeavors
 - Amilee presented Kris with pink roses: pink represents elegance and grace and is a symbol of admiration
- 9:15 – 9:45am ICSEW Subcommittee Meetings**
- Subcommittees broke off into groups for a brief meeting
- 9:45 – 10:00am Break**

10:00 – 10:30am Guest Speaker

- Peter Bogdanoff, a representative from the Governor's Office, discussed Governor Gregoire's priorities for the coming year and shared economic predictions
 - Governor Gregoire is focused on education and government reform
 - Washington's economic upturn is not predicted prior to November 2009
 - Washington's unemployment rate is predicted to rise above 10% in February 2010
 - Next budget cycle is predicted to be as difficult as the last
- Gubernatorial liaisons for education and healthcare will be invited to the next general membership meeting

10:30 – 11:30am Other Bank Toiletries Drive

- Meagan Macvie, past chair of the Professional Development Subcommittee explained the Other Bank, a division of YWCA
- Our toiletries drive begins in November
- Drive benefits the Other Bank
- Members broke into small groups to brainstorm fundraising ideas for the drive
- For more information or to support The Other Bank, contact YWCA of Olympia at (360) 352-0593 or visit them on the web at www.ywcaofolympia.org

11:30am – 12:30pm Adjourn to Lunch**12:30 – 1:35pm Health & Wellness Subcommittee**

- Kristi Aravena, Health & Wellness Subcommittee Chair, introduced Jackie Stockdale, a self defense instructor
- Jackie shared some valuable information during her presentation:
 - Anyone can run 20 feet in 1.5 seconds, regardless of physical condition
 - An assailant's intent is to take you somewhere they feel comfortable
 - Most attacks are perpetrated by someone you know
 - It only takes 7 pounds of pressure to rip off a human ear; the move is gutsy but effective in protecting yourself
 - Knees are extremely weak
 - Double tap: follow initial move with a second for better destabilization
 - Keep your chin down to maintain air passage
- Jackie demonstrated how to escape a choke hold, bear hug, hands around your neck, or someone straddling you
- Prevention tips will go out in the next Interact newsletter

- 1:35 – 1:45pm ICSEW Policy Review**
- Gen presented policy 5.05 which governs our Legislative Subcommittee
 - Executive Board previously approved the policy
 - Members should review it and forward comments to Gen
- 1:45 – 2:00pm Break**
- 2:00 – 2:45pm Guest Speaker**
- Lou Adams, Senior Performance Audit Project Coordinator for K-12 Education, gave a presentation on the Dos and Don'ts of PowerPoint presentations
 - She gave tips on creating effective slides and demonstrated presentation techniques
- 2:45 – 3:30pm Guest Speaker**
- Mary Pontarolo, Executive Director for SafePlace, gave a presentation on domestic violence and violence in intimate relationships
 - Information sheets from SafePlace and the United Nations were distributed to the members
 - For more information or to support SafePlace, visit them on the web at www.safeplaceolympia.org
- 3:30 – 4:15pm 2010 Policy Watch**
- Anna Jones, Legislative Subcommittee Chair, recapped the results from last year's tracked legislation
 - Small groups gathered to brainstorm key issues facing state employed women that should be monitored during the coming legislative session
- 4:15 – 4:30pm Wrap-Up**
- Gen queried the members for input about the day's meeting successes and areas for improvement
- 4:25pm Meeting adjourned**